Project Overview

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Opportunity

As of today, more than a quarter of adults worldwide don't get enough exercise. For many, the lack of **knowledge, experience and motivation** is the biggest reason as to why they don't engage in certain activities. However the largest portion of people have friends or relatives that indulge in some kind of physical sport related activity.
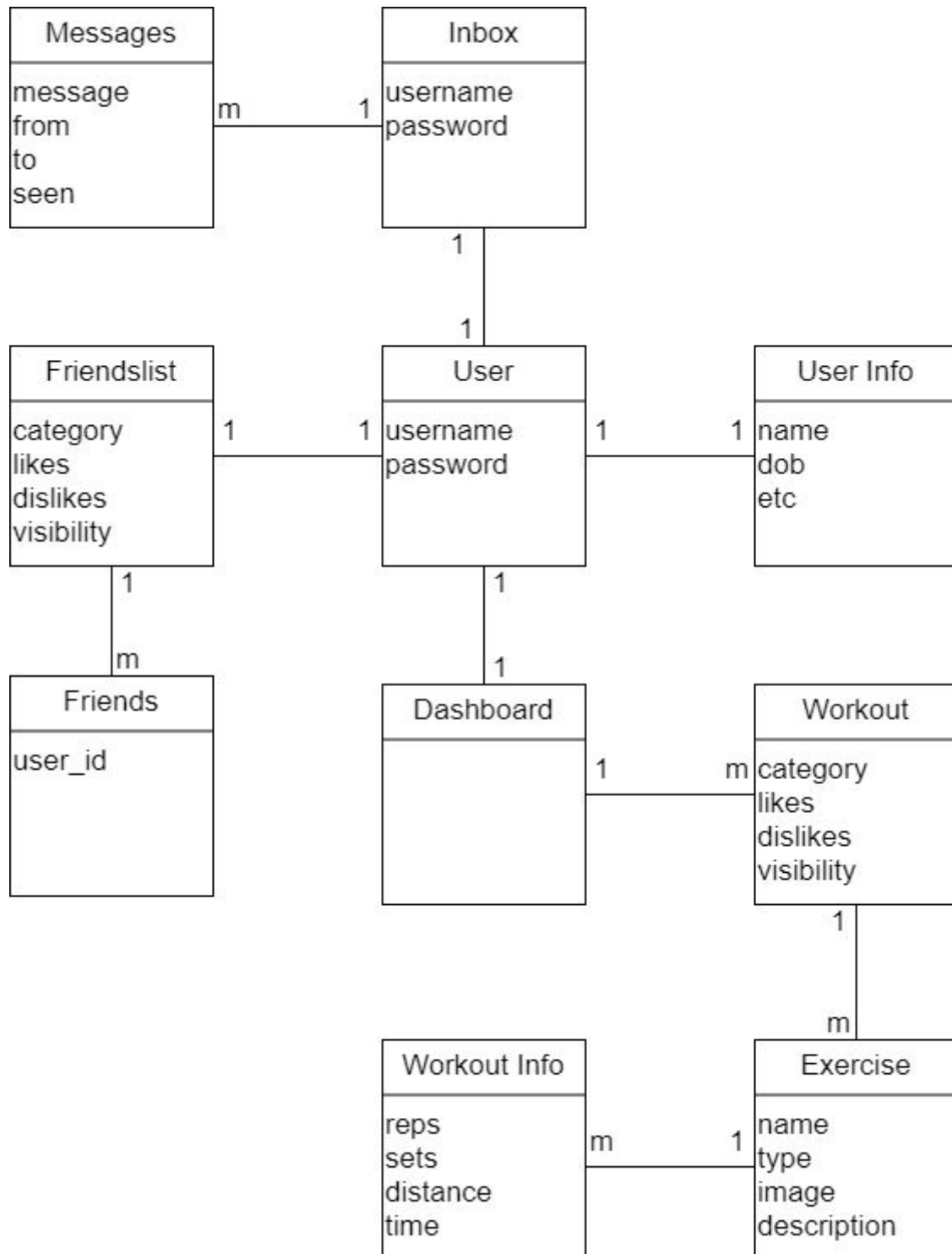
Vision

To get more people to engage in physical activities, we envision a website.
We will have a range of exercises available to users that also contain all the relevant information needed to perform them. The user can use these exercises to create and build his own workout.

If the user does not trust his own expertise as an exercise creator, a wide range of exercises will be available that more experienced users made publicly available on the website.

To motivate users to engage in activities, users can interact with friends through the website. Friends can share workouts and challenge each other to do a workout. A messaging system will also allow communication between users that are friends.

Domain

Messages

message
from
to
seen

Inbox

username
password

m — 1 (Messages to Inbox)

1 (Inbox to User)

Friendslist

category
likes
dislikes
visibility

User

username
password

User Info

name
dob
etc

1 — 1 (Friendslist to User)

1 — 1 (User to User Info)

1 (Friendslist to Friends)

m

Friends

user_id

1 (User to Dashboard)

Dashboard

1 — m

Workout

category
likes
dislikes
visibility

1 (Workout to Exercise)

m

Workout Info

reps
sets
distance
time

m — 1 (Workout Info to Exercise)

Exercise

name
type
image
description

Architecture

Lecture content reference: L03 - Software architecture: Three layered architecture